

# PERSONAL TRAINER PAGE

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## DESCRIPTION

Jakub Tofil is a personal trainer who has individual workouts, workout plans, and nutrition plans to offer. His website provides a concise and accessible way to familiarize with his offer and to contact him in order to start cooperation.

## TYPOGRAPHY

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**Heading H1 60 Medium**

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**Heading H4 24 Medium**

**Body Intro Text 30 Regular**

**Body Intro Text 24 Regular**

**Body Main Text 20 Regular**

**Medium Text 17 Regular**

**Caption Text 15 Regular**

**Small Text 13 Regular**

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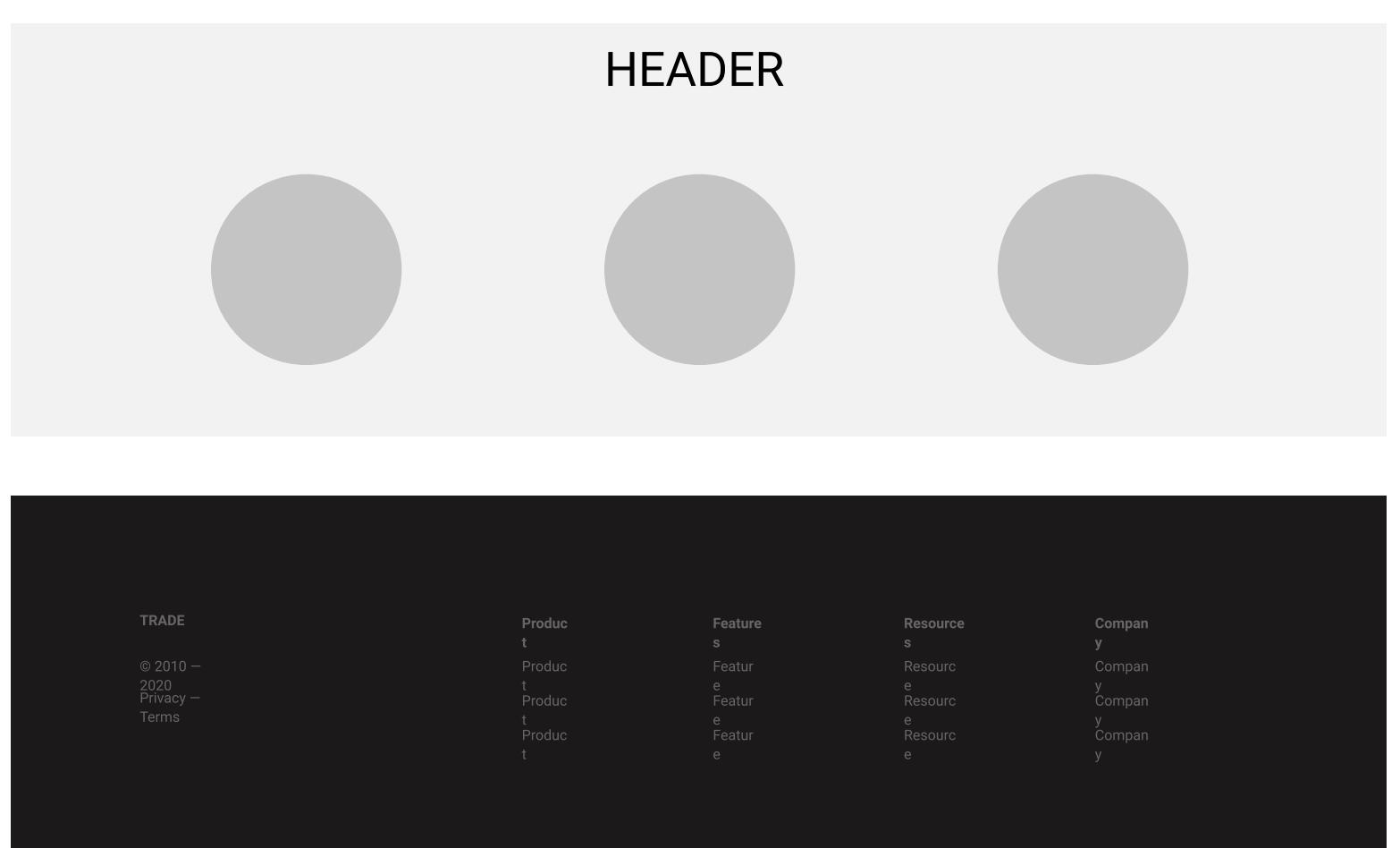
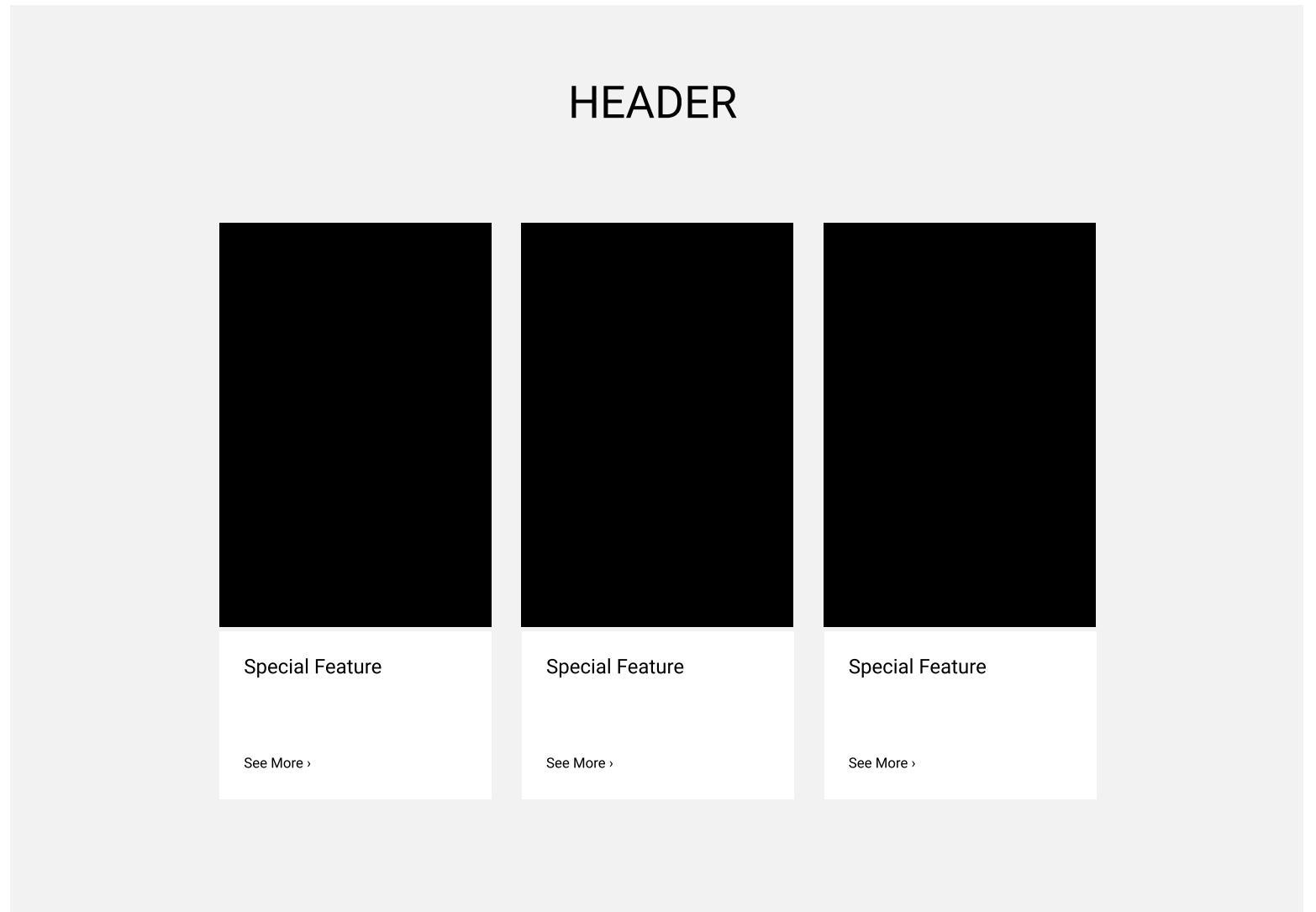
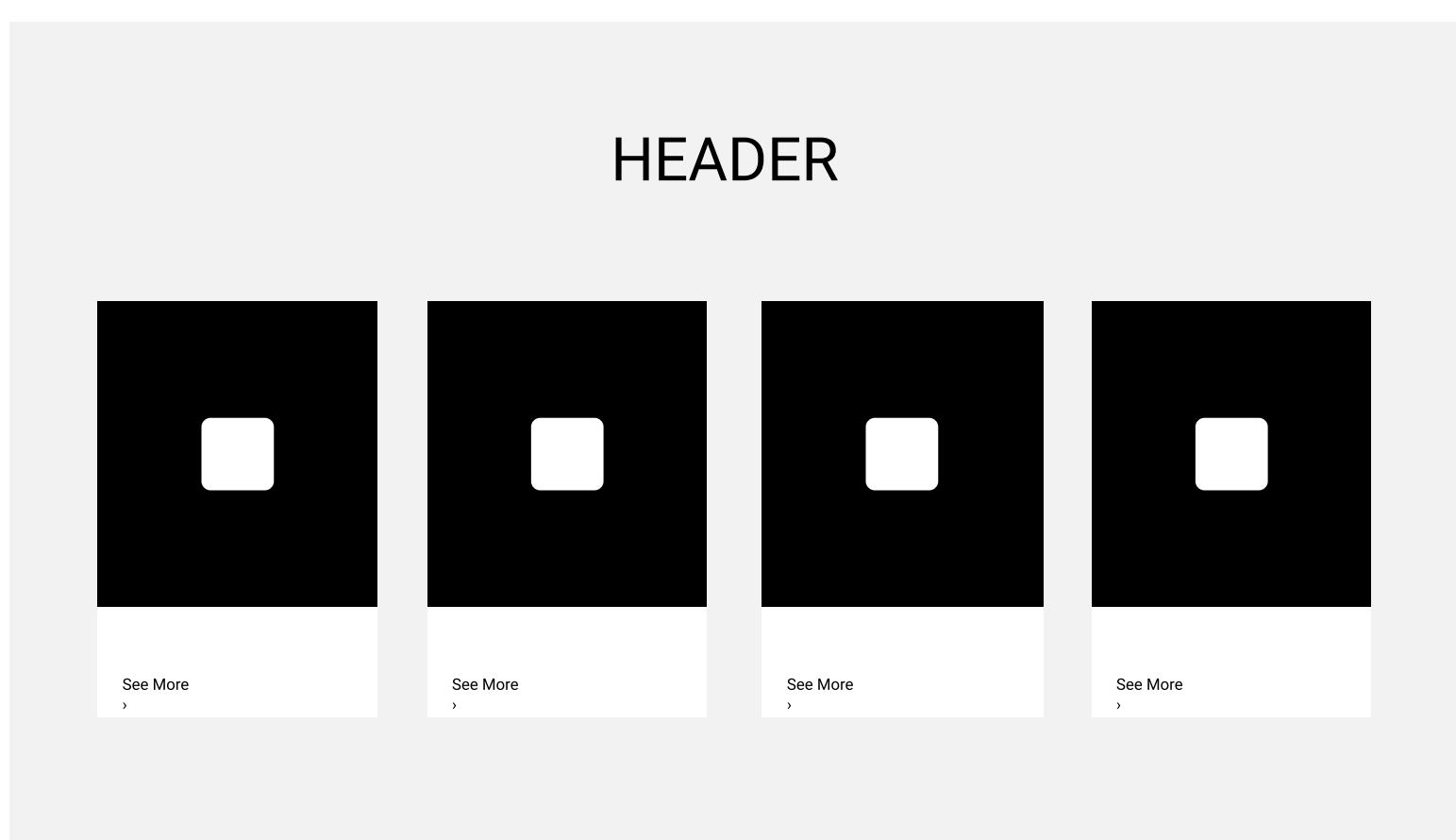
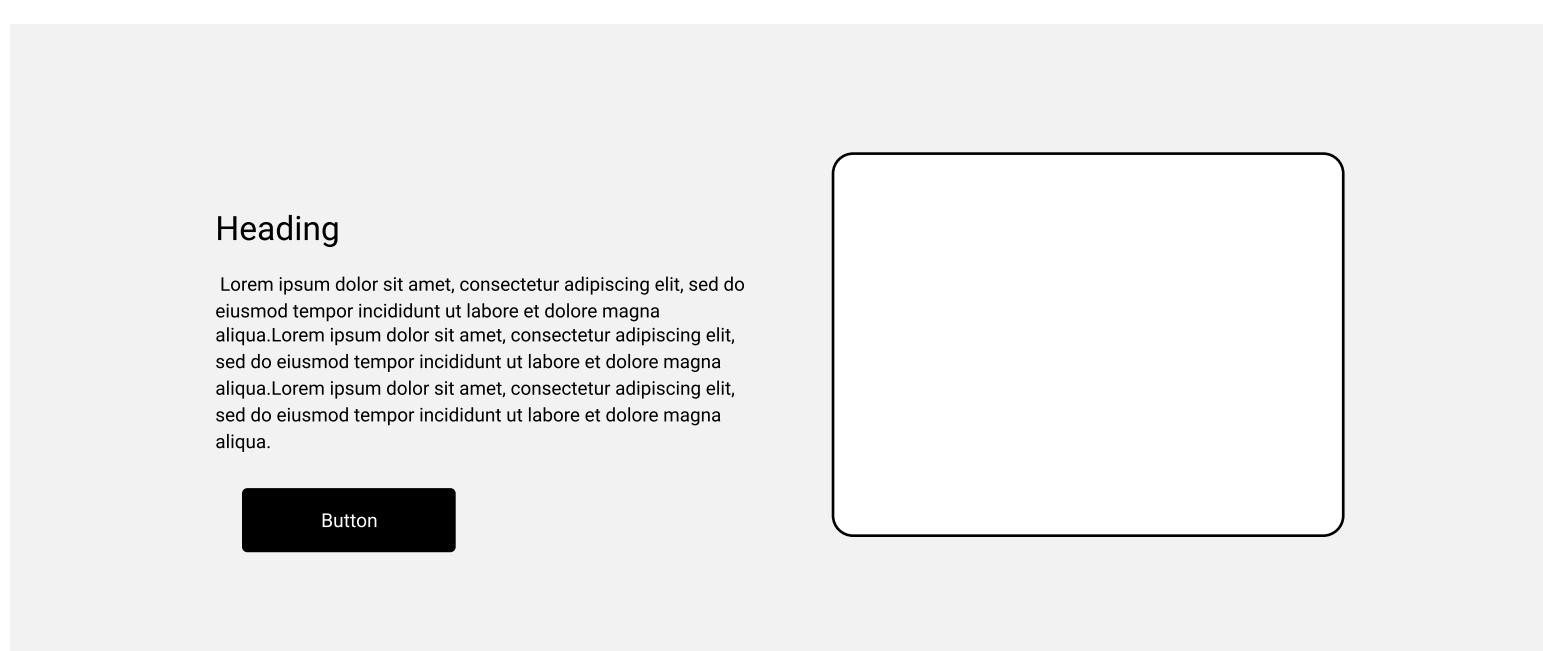
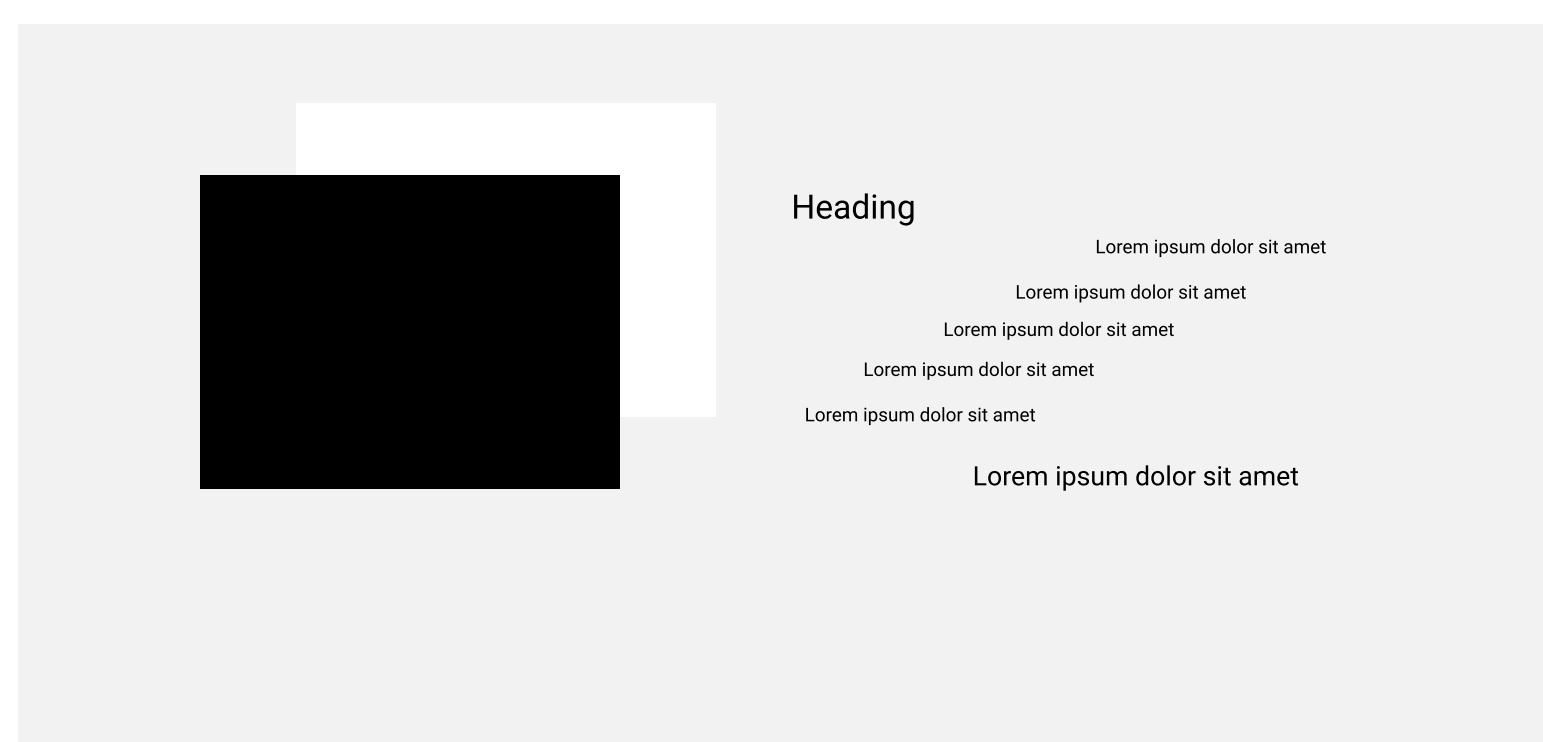
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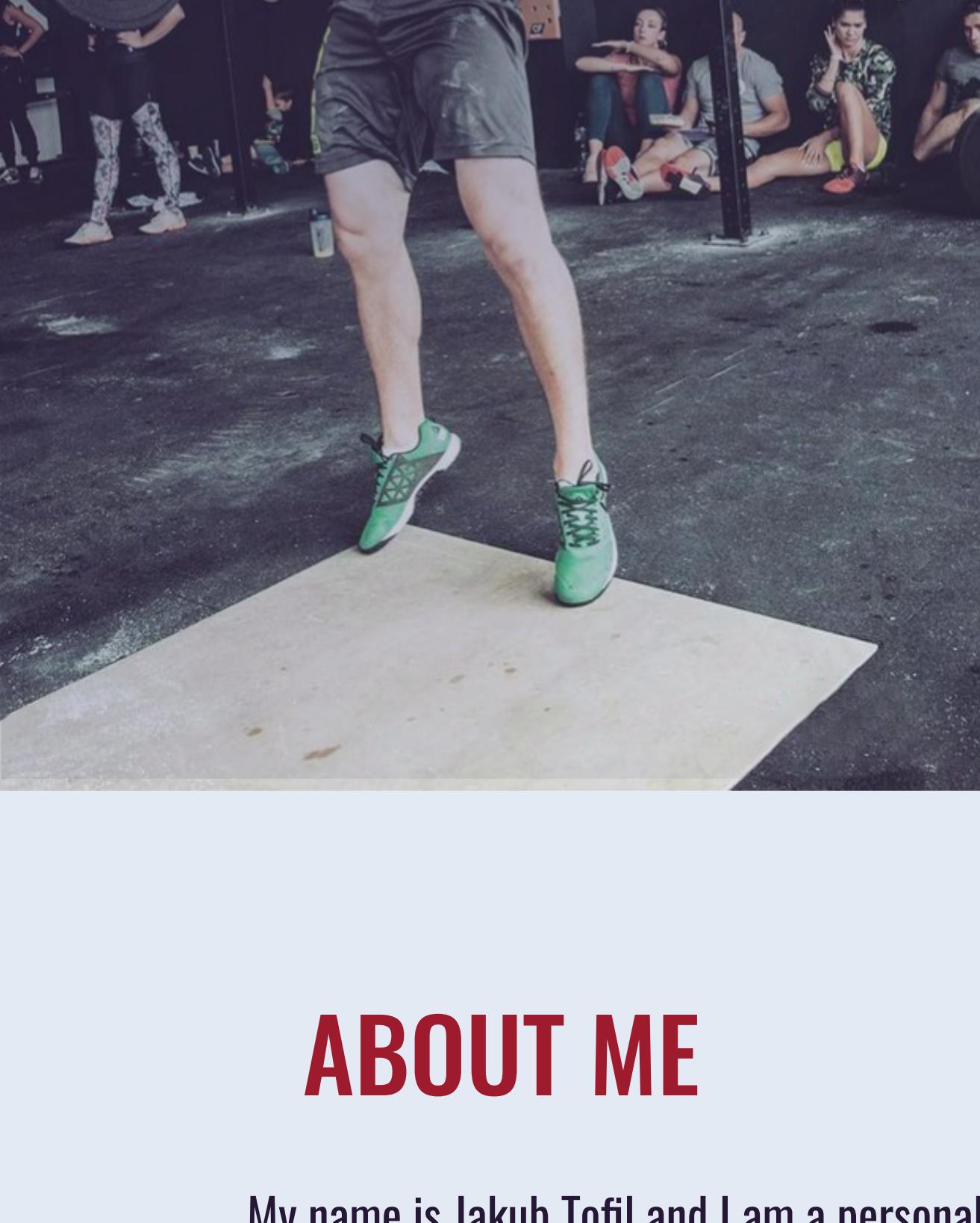
# WIREFRAMES



# **HIGH FIDELITY MOCKUP**

# PUSH THE LIMITS

## WITH ME

[Learn more →](#)

## IF YOU WANT...

✓ strengthen your body and mind

✓ find a passion that you will love

✓ improve your health and well-being

✓ get motivated to change your life

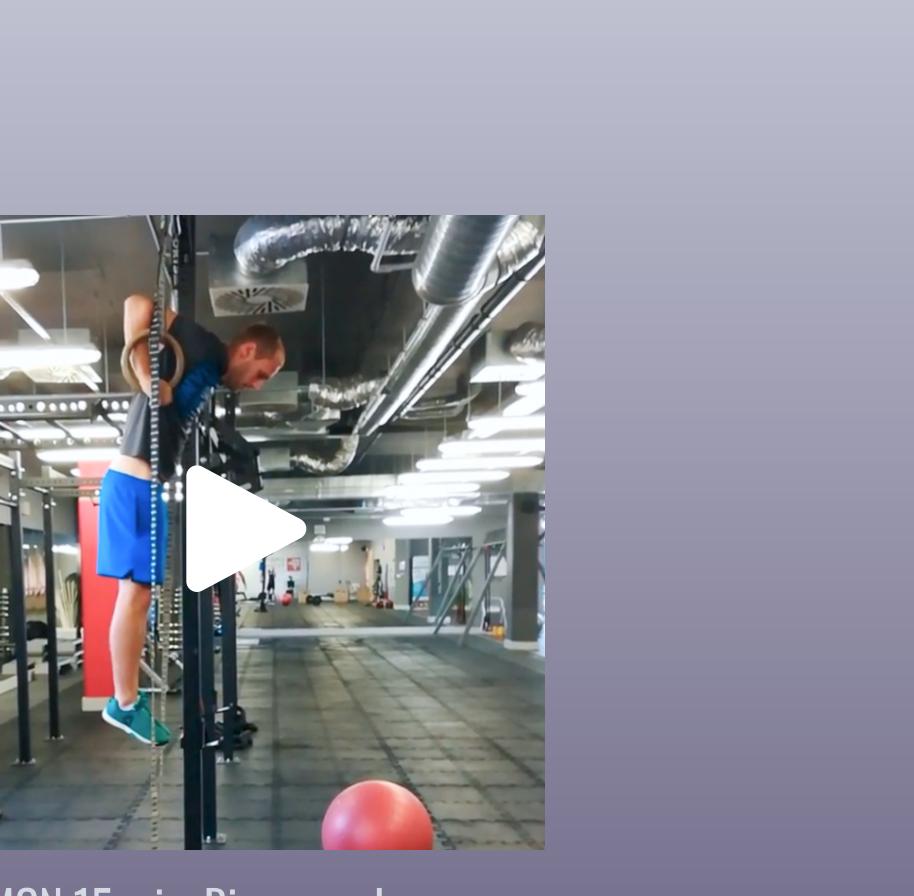
✓ prepare for competitions

## you are in a good place!

## ABOUT ME

My name is Jakub Tofil and I am a personal trainer, a graduate of the Academy of Physical Education in Poznan with a specialization in Physical Education.

From an early age my passion was sport. I have 10 years of experience in conducting group and personal training. I am constantly developing my knowledge at training sessions, sports competitions and during everyday work with people.

[Read more →](#)

## WORKOUTS



SNATCH COMPLEX: Hang Squat Snatch



HIIT WORKOUT 30 min: Kettleball



EMON 20 min: Ring swing with hip pull



EMON 15 min: Ring muscle up

## CHOOSE AN OFFER FOR YOURSELF

### PERSONAL TRAINING

- monitoring the technique of exercising and ensuring your safety
- motivation to work

[Read more →](#)

### TRAINING PLAN

- Ongoing contact and support throughout the duration of the cooperation
- interesting and satisfying program matching your goals

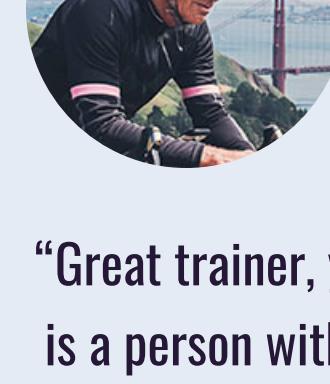
[Read more →](#)

### NUTRITION PLAN

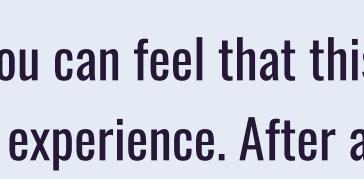
- individually composed diet and supplementation focused on you and your needs

[Read more →](#)

## You choose what you want

[Full offer →](#)

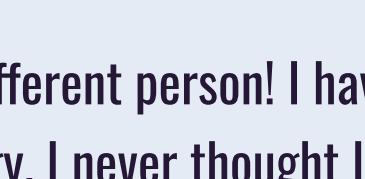
Piotr



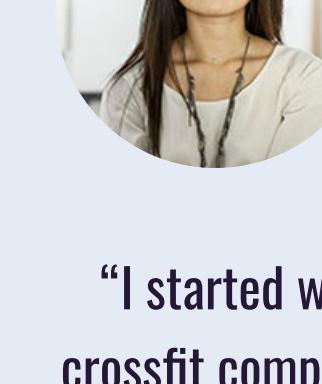
"Great trainer, you can feel that this is a person with experience. After a long search I found someone who can motivate me."



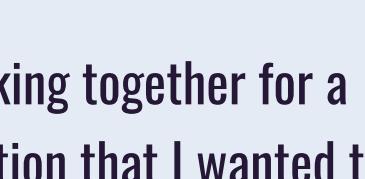
Adam



"I feel like a different person! I have a lot of energy. I never thought I would like crossfit so much."



Julia



"I started working together for a crossfit competition that I wanted to participate in. And it worked out!"